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A sole for walking has a ground contacting face referred to as the bottom part, and a top part being opposite the bottom part. The sole has the bottom part with a number of recesses. The recesses are closed off by the top part and are for trapping a portion of a material on which a person moves. Each recess is provided with at least one decompression channel producing a free junction between an interior of each recess and an external perimeter of the sole.---